

## **Tapping For Unstoppable Self Confidence**

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*This is a digital workbook. You can type your notes in the text boxes and save it to your computer.*

*Most things we want to accomplish will require that we expand, either in knowledge or skill and most likely both, which will mean we'll bump up against our comfort zone.*

*It's those things outside of our comfort zone that have elements that can stimulate a fear response -(uncertainty, unknown, unfamiliar, new behaviors that haven't been learned and practiced).*

*You will need to take ACTION and therefore you'll need strategies to work with the natural and normal effects of the discomfort and fear that comes with stretching your comfort zone.*

Congratulations! I imagine you are here because you've decided to take on something new that will lead to having a fuller life. To do that you will need to know how to create more self-confidence. The good news is that acquiring more self-confidence is completely doable and once you learn this fail-proof strategy, you'll be able to apply it over and over again.

Confidence is:

1. Confidence is related to action, it's a belief that you can succeed at something.
2. Confidence builds by taking action and trying things you find hard, by going outside your comfort zone.
3. Confidence is about facing obstacles and realizing you're still alive even when you fail.

**Fear is the feeling that comes up when we decide to do something new and unknown.**

You've also, most likely, found that as you begin to take that step forward that you've experienced some discomfort, possibly hesitation. To take actions that will build confidence you will need to manage fear.

Fear trips us up in two ways:

Problem #1: You cannot find it in yourself to take actions that count.

- You completely freeze – no action taken.

Solution: Tap to break through the freeze.

Results:

1. The fear will neutralize.
2. You get insight into the underlying issue and the precipitating event.
3. You get enough wiggle room to initiate an action strategy in your toolbox.

Problem #2: You cannot sustain an action long enough to make a difference.

- Because the fear gets to great it causes you to quite before any real learning can take place.
- The “feel the fear and do it anyway” approach can cause fears to escalate and possibility lead to new or “re” traumatizing.

Solution: Chunk the task down into manageable parts and use tapping to get closer so learning can take place.

Results:

- Addresses the “overwhelm” that causes the freeze response.
- Builds confidence by tapping on chunks and having a new experience of ease when taking actions.
- Learning takes place which builds confidence.
- This builds certainty and optimism knowing you have a proven strategy to move forward when fear and hesitation show up.

### **Tapping for when you're in the freeze.**

Think about something that you know you are putting off – you know you're not taking any action on it because you can't get yourself to do anything at all.

Feel the frozen feelings. How true is it that “I am completely frozen” on a 0-10 scale with “10” being completely frozen. Write it here:

Where does the frozen feeling happen in your body?

Now let's begin by tapping on the karate chop point while saying:

Even though I'm completely frozen right now – I can't take any action – I'm willing to trust that I can get beyond this.

Even though I can't get myself to do anything – I can't even think about taking action – I'm open to accepting myself right where I am right now.

Even though this fear of the unknown has got me completely frozen – it's possible that I'm completely acceptable right now – and that I can be safe while learning something new.

Now tap through the points:

Eyebrow: I'm completely frozen

Side of eye: I can't get myself to move

Under eye: I can't take any action

Under nose: This freeze has really got me

Chin: This freeze when I think about taking action

Collarbone: The fear has me really stuck

Underarm: I wonder what this fear is about?

Top of head: What part of this am I afraid of?

Eyebrow: Maybe it's the unknown

Side of eye: Maybe I'm afraid of being embarrassed

Under eye: Maybe I'll look like a fool

Under nose: That's a real possibility

Chin: I don't know if I can handle those feelings

Collarbone: What if I can?

Underarm: This freeze is trying to protect me

Top of head: If I don't take action then I'm keeping myself safe

Eyebrow: Maybe I'm ready to take some small action

Side of eye: Maybe I can get curious about what that would look like

Under eye: What if I can handle all my feelings?

Under nose: What if I found that I enjoyed learning something new?

Chin: I used to feel so frozen

Collarbone: Now I'm finding myself more curious

Underarm: There are new possibilities

Top of head: Maybe I am ready for new possibilities

Take a breath!

Say your statement again and measure it once more. How true does it feel?

What has changed when you say it? Write it down.

**What is just outside of your Comfort Zone?**

Write down some of the tasks that you know you could do but they bring up uncomfortable feelings when you think of them. They are the things that have some charge on them when you think about doing them. These could be things like getting a website up, or joining a dating site, or making phone calls.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

What reasons do you give yourself for not taking action on them?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Each of these “reasons” can be tapped on!

One of the “reasons” I frequently hear from my clients is that they don't know where to begin. Let's do some tapping on that now!

**Tapping when we just don't know how to start to take action or chunk a project down**

This is a great tapping to do when you're overwhelmed with where to begin. There is a freeze response happening but the freeze is directed at “not knowing where to begin.”

Feel the frozen feelings. How true is it that “I don't know where to begin,” on a 0-10 scale with a “10” being completely frozen. Write it here:

Where does the frozen feeling happen in your body?

Now let's begin by tapping on the karate chop point while saying:

Even though I don't know where to begin this task – I accept myself with this confusion and I'm ready to begin anyhow.

Even though this task is daunting – it's too big – and I don't know where to start – that's okay – I'm willing to accept myself right now anyhow.

Even though this task is overwhelming – I don't know where to start – I'm open to accepting myself even now.

**Now through the points:**

Eyebrow: I don't know where to begin

Side of eye: It's overwhelming

Under eye: There are too many pieces

Under nose: I can't do them all

Chin: It's too much right now

Collarbone: To figure out where to begin

Under arm: It is not making sense

Top of head: I just can't get started

Eyebrow: All of it needs to be done

Side of eye: But I can't even get started

Under eye: I don't see a way to start right now

Under nose: This thing doesn't look like it has a beginning

Chin: There are so many parts of it  
Collarbone: But that could be a good thing  
Under arm: Because I can handle parts  
Top of head: What if I can start with parts

Eyebrow: What is the smallest part to start with  
Side of eye: I thought I didn't know where to start  
Under eye: Maybe I can do some of this  
Under nose: Maybe it's not as confusing as I thought  
Chin: What if I am making sense of some of it?  
Collar bone: What if there is a place to begin?  
Underarm: What if starting this felt good  
Top of head: What if I was feeling much more relaxed about this

Take a breath!

Say your statement again and measure it once more. How true does it feel?

What has changed when you say it? Write it down.

### **Your next steps!**

Now that you've uncovered some of your “reasons” for not taking action or consistent action, you can plug them into your tapping routine. Earlier I mentioned that there are three possible results when you tap on an issue.

Either:

1. The fear will neutralize.
  - When you think about taking action on the task there is no charge or hesitation.
2. You get insight into the underlying issue and the precipitating event.
  - You discover that there was a “past” event in your life that still has a charge on it when you think about it and it is influencing your “now” behavior. You can tap on the past event and discharge the remaining feelings. Doing this work often enables you to create new “updated” beliefs about yourself, about others, and about life.
3. You get enough wiggle room to initiate an action strategy in your toolbox.
  - You may still have some fear around the issue but it's low enough (a “2” or “3”) where you

can now take some small action to get started. You will probably need to tap again on the “reasons” you've come up with in the earlier exercise, and in doing so you'll keep allowing yourself to take actions. The big value to this is that by keeping the fear and overwhelm levels down it allows you to stay with a task long enough that learning can take place and as you learn, self-confidence grows!

Remember – you are an ever-expanding being and now you have a strategy to use that will help you manage the fear that is a part of expanding your comfort zones!

I wonder what amazing things you'll be taking on now that you know you can ease your way into to building unstoppable self-confidence!



Dr. Mary Ayers is best known for being the “Anti–Feel the fear and do it anyway” Coach and for her comfortable and humorous approach to EFT, which can be heard on her radio show, “Tap Into Action: An Unconventional Path To Conquer Fear and Anxiety” where she helps people tap through their resistances to taking action so they can live a fuller and richer life. Her professional achievements include over 28 years as a therapist, as well as being a coach with the Anthony Robbins Organization. You can learn more about Mary at [www.tapintoaction.com](http://www.tapintoaction.com)

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